

Hackney New School
317-319 Kingsland Road
London E8 4DL
Tel: 020 7617 7181

Email: info@hackneynewschoolcst.org
Headteacher: Charlotte Whelan

Monday 24th February 2021

Dear Parent/Carer

RE: Parent Wellbeing Workshop

I am writing to invite you to an online workshop on wellbeing aimed at parents on 10th March 2021 at 5pm.

The workshop will be led by Richard Vivian; he is our CAMHS (Child and Adolescent Mental Health Services) Worker in School for Hackney New School under the WAMHS project (Wellbeing and Mental Health in Schools). He has been based in Hackney New School since the start of the autumn term in 2019.

WAMHS is a service set up to improve mental health and wellbeing support in schools. Broadly speaking this involves supporting the implementation of new strategies to support students with their wellbeing. More information can be found using the link [here](#).

The online workshop will explore various issues related to your child's emotional and mental wellbeing with some practical guidance on steps you can put in place at home to support your child's (and your own!) wellbeing. This workshop will be an opportunity to hear general advice on supporting your child, including information and ideas on how to talk to them about their wellbeing. Find the link [here](#) to access the session.

In the interest of preparation, please fill in the form [here](#) to let us know you will be attending.

Looking forward to meeting you all in the workshop.

Yours sincerely

Joynab Sultana

Assistant Headteacher (SENCO)